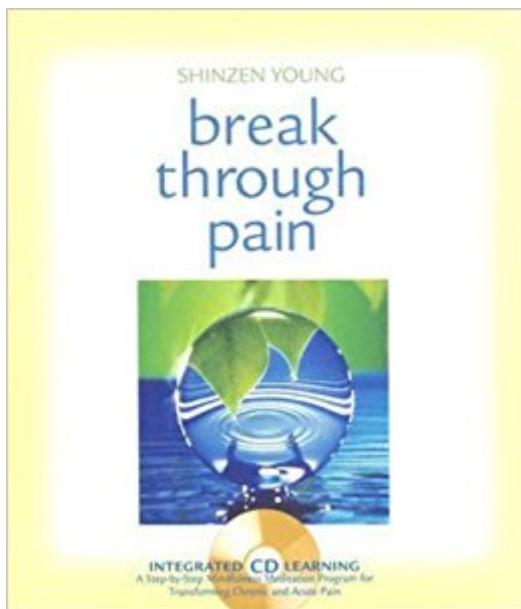


The book was found

# Break Through Pain: A Step-by-Step Mindfulness Meditation Program For Transforming Chronic And Acute Pain



## **Synopsis**

The newest treatment for pain is one of the oldest, most effective strategies for pain-free living: meditation. With Break Through Pain, meditation expert Shinzen Young teaches you how to retrain your relationship to pain through traditional meditation practices. Drawing from thirty years of results in the field, this respected teacher offers the essential techniques that have proven successful at painmanagement centers around the country. Break Through Pain adapts the core principles of mindfulness training to a practical process that can treat even extreme, chronic pain effectively, possibly reducing the need for drugs or surgery. Step-by-step techniques taught in plain language show how to overcome internal resistance-the key to transforming physical pain into a flow of pure energy. Includes Shinzen's five most effective meditations for pain.

## **Book Information**

Hardcover: 69 pages

Publisher: Sounds True (March 1, 2006)

Language: English

ISBN-10: 1591791995

ISBN-13: 978-1591791997

Product Dimensions: 7.9 x 6.8 x 0.6 inches

Shipping Weight: 13.6 ounces

Average Customer Review: 3.9 out of 5 starsÂ  [See all reviewsÂ  \(16 customer reviews\)](#)

Best Sellers Rank: #747,073 in Books (See Top 100 in Books) #154 inÂ  Books > Religion & Spirituality > New Age & Spirituality > Self-Help #789 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #3401 inÂ  Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing

## **Customer Reviews**

The 1997 Sounds True cassette tape version is so much better than this watered-down, tired-sounding CD and book. After using the taped version, which has four longish guided meditations and is so inspiring and helpful, the very brief guidance for the meditations on the CD version gives the impression that the author became bored or burnt out with teaching. I will continue to use the the cassette tapes and will throw out the more recent CD and book.

Enhanced by an accompanying integrated learning CD, Break Through Pain by Shinzen Young (a very experienced meditation teacher and founder of the Vipassana Support Institute and several

North American meditation retreat centers) distills more than 30 years of experience in presented mediation as one of the oldest strategies for effective pain-free living. Readers will learn how to apply the Buddhist Vipassana traditions that have delved into how to relieve pain for 2,000 years.

Techniques to "melt" sensations of pain, break up pain through focused awareness, release the emotions of anger, fear, and resentment that amplify pain, and use pain as a gateway to emotional and spiritual freedom described as thoroughly as possible, for the lay practitioner to use for himself or herself. The practices of controlled breathing, guided meditation and mindful meditation especially are discussed in depth. An accompanying audio CD with easy-to-follow instructions walks the reader through basic techniques for pain relief. Written in plain terms accessible to the lay reader unfamiliar with the ancient practices, *Break Through Pain* is a "must-read" for anyone in distress or suffering, especially in situations where drugs and other conventional remedies just aren't working.

This tape set has been used extensively for over a year in our community. It is being used to help those with juvenile diabetes and its complications, fibro-myalgia, and other serious medical problems. Shinzen Young is not giving a miraculous supercure. He takes the mental tools already given to us and shows us how to work with pain to eliminate suffering. In essence, we make friends with the pain and experience it as cleansing. The first side of the first tape is an important narrative followed by meditations on the remaining three sides. His other tapes are also highly recommended.

J.M., Kankakee, IL

Shinzen Young is a meditation teacher who has been around for a long time. Much of his work is in the area of transforming emotions and pain. This combination book and CD is useful for those who want to get more of a feeling of control around pain. Specifically, this book teaches you the relationship between attention and pain, softening around pain and having a different experience of it through training the mind to hold it differently. While it won't take the place of morphine, it will certainly help people in pain to live with it more easily. It will also help them to reduce their anxiety around pain, which aggravates the subjective experience of pain. I am no stranger to pain having gone through a back, neck and wrist surgery. I teach meditation myself and I have graduate education in biology, biochemistry and psychology. I feel I am in a good position to judge the merits of the book and the book certainly has many merits as does the CDs. If you are interested in an introduction to several types of meditation, you might also like *The Beginner's Guide to Meditation*. If you are quite serious about meditation, you can look at a variety of references on my listmania lists

which appear on my profile.

If you have chronic or acute pain, I recommend this book and CD on using mindful meditation to address pain. It's a short book of less than 100 pages, but every word counts! I've reread each section many times, and the entire book a couple of times each year. And the CD is really helpful with meditation. I've always believed getting over pain meant pushing the pain away as though it were a foreign object. But when the pain isn't going to go away, learning to accept it as a part of me was the first step to reducing the pain level. When nothing else has helped -- even drugs -- the skills I learned from this book have worked to help me manage my pain, and in other ways of my life as well. So, if you're open to trying a gentle, inner-directed approach to managing pain -- or possibly stopping your pain altogether, I urge you to read this book. You'll be glad you did.

Here pain is synonymous with any uncomfortable body sensation, such as "anger, fear, sadness, embarrassment, impatience, guilt, confusion, jealousy...". If you are still in your body, then you will have these sensations and need to manage it. The method consists of precisely localizing the pain in the body, have equanimity (openness, allowing) the pain, and noting how/where/when the pain changes.

the techniques let me move beyond the suffering by fully opening to the intensity of my fibromyalgia.

I am sorry this took me a while to write. This book's step by step how to deal with your pain as you're getting ready to meditate to release the pain and let it go. Great for people learning to meditate, and learning to release negative energy.

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of Regional Anesthesia and Acute Pain Management (Hadzic, Textbook of Regional Anesthesia and Acute Pain Management) The Mindfulness Solution to Pain: Step-by-Step Techniques for Chronic Pain Management Mindfulness in Everyday Life: How to Stop Worries and Stress and Enjoy Peace and Happiness with Mindfulness and Meditation MINDFULNESS: Mindfulness for Beginners: Free your Mind from Stress, Anxiety and Depression: How to Find your Inner Peace (Meditation for beginners) By JoLynn Pulliam - The Nursing Assistant: Acute, Sub-Acute, and Long-Term Care: 4th (fourth) Edition The Nursing Assistant: Acute, Sub-Acute, and Long-Term Care (4th Edition) Cope's Early Diagnosis of the Acute Abdomen (Silen, Early Diagnosis of the Acute Abdomen) Naturally Pain Free: Prevent and Treat Chronic and Acute Pains-Naturally Meditation Guide for Beginners Including Yoga Tips (Boxed Set): Meditation and Mindfulness Training End Everyday Pain for 50+: A 10-Minute-a-Day Program of Stretching, Strengthening and Movement to Break the Grip of Pain Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Mindfulness, Zen, Inner Peace, Dalai Lama) Defeat Chronic Pain Now!: Groundbreaking Strategies for Eliminating the Pain of Arthritis, Back and Neck Conditions, Migraines, Diabetic Neuropathy, and Chronic Illness Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain (Inflammation Mastery & Functional Inflammology) The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[ THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN ] by Cohan, Wendy (Author ) on Nov-09-2010 Paperback Meditation: The Ultimate Beginner's Guide for Meditation: How to Relieve Stress, Depression, and Fear to Achieve Inner Peace, Fulfillment, and Lasting ... beginners, anxiety, meditation techniques)

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